

Abstract

The purpose of the present invention is to provide a fat or oil composition that can be protected from the off-flavor of the fish oil for a long period of time, and can be used in usual cooking without any problems.

Thus, the present invention is related to a fat or oil composition comprising oleic acid of 3~9 parts by weight, preferably 3~7 parts by weight, linolic acid of 5~15 parts by weight, preferably 6~10 parts by weight and linolenic acid of 0.1~1.5 parts by weight, preferably 0.5~1.5 parts by weight per one part by weight of long-chain highly unsaturated fatty acids, and to a fat or oil composition comprising oleic acid of 5~40 parts by weight, preferably 8~35 parts by weight, linolic acid of 10~60 parts by weight, preferably 12~45 parts by weight and linolenic acid of 0.1~4 parts by weight, preferably 0.2~3 parts by weight per one part by weight of long-chain highly unsaturated fatty acids.